

Ann Arbor & Ypsilanti

Ypsilanti/Women's Health Center

Vegetarian Wonders

Monday , March 5th, 5:30 pm - 7:00 pm

Interested in trying some meatless meals, but don't know how to get started? Learn quick and simple ways to incorporate grains, legumes and other meatless entrees into your diet. Make (and Eat!) Rigatoni with Roasted Asparagus, Curried Chickpeas and Kale, Sweet Potato Enchiladas, Black Bean Burritos, Garlic Piperade Soup, Bulgur Pilaf with Soychicken. Cost: \$30.00 (non-refundable and non-transferable) Contact: 734-712-5800 Additional dates & times for this event:

May 21, 2007, 5:30 PM (Monday)

October 15, 2007, 5:30 PM (Monday)

<http://www.sjmercyhealth.org>

MFit Healthy Cooking Classes

Gone Fishin' with Kathy & Lizzie

Mar 14th - 6-8 p.m.

Research suggests that omega-3 fatty acids in seafood may help combat many diseases, "from heart attacks and strokes to depression, Alzheimer's disease, and rheumatoid arthritis". Get hooked on fish with these "fabulous recipes": Spicy Skillet-Steamed Littleneck Clams, Fabulous Fish Tacos with all the Fixin's, Pan-Seared Fish Fillets with Lemon, Olives, & Herbs, Miso Glazed Salmon, Arctic Char with Chipotle Chile Marinade, Raspberry-Mango Sundaes

Vegetarian Meals

Mar 21st - 6-8 p.m.

With guest chefs Susan Bellinson & Maggie Roltsch.

"Fresh organic vegetables, wholesome whole grains, sweet fruits and lovely, protein-rich legumes will be feature ingredients" in "exciting and delicious vegetarian recipes from Whole Foods"

Splendid Salads

Mar 28th - 6-8 p.m.

"As the days grow longer and get warmer... beat the heat... with these simple and scrumptious salads": Chopped Greek, Smoked Turkey & Wheat Berry, Mixed Garden Vegetable, Grilled Salmon Nicoise. . . plus Upside-Down Apple Cake

Cost: \$30 (\$50 for 2) Contact: 734-975-3024

Preregistration is required

www.med.umich.edu/mfit/nutrition

Ypsilanti/Women's Health Center

Marvelous Meats

March 8th, 5:30 pm - 7:00 pm

Learn healthy and nutritious ways to include meats in your diet. Make and eat Roasted pork tenderloin with Michigan Dried Cherry Sauce, Chicken & Black Bean Quesadillas, Baked-extra tender, extra lean Meatballs, Mushroom Stroganoff Sauce Cooking. Cost: \$30.00 Contact: 734-712-5800 "Cooking class fees are non-refundable and non-transferable". Additional date & time for this event: June 7, 2007, 5:30 PM

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2333>

Ypsilanti/Women's Health Center

Tai Chi

March 16th - April 27th

Fridays, 12:05 pm - 12:55 pm

7 weeks Duration

Learn the Wu style of slow, controlled movements to relax and strengthen the mind and body. Helps manage stress and blood pressure, builds stamina, and increases range of motion. Cost/Fee: \$70.00

Contact: 734-712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2925>

Ypsilanti/Women's Health Center

Food & Stress:

Ways to Deal with Emotions & Food

Saturday, March 24, 2007

1:00 pm

It is not uncommon for people to eat in order to relieve emotional stress. If emotional eating gets out of control, it can sabotage your best efforts to manage your weight. Learn to identify the many forms emotional eating can take, and how you let your emotions work FOR you rather than against you.

Instructor: Rochelle Kostant, MSW

Cost: \$30.00

Contact: 734-712-5800

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www.sjmercyhealth.org

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Increasing Bone Density

(A strength training program)

March 29, 2007, 1:00 PM (Thursday)

Next: April 24, 2007, 2:00 PM (Tuesday)

\$35

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2927>

St. Jo Mercy Health System



Healthy Hearts Yoga

6 weeks duration

Tuesdays, 5:30 pm - 6:45 pm
(on-going)

Gentle stretching, yoga postures and techniques for relaxation and stress management; no need to bend like a pretzel. Ideal for people with or at risk for cardiovascular disease. Classes are offered every Tuesday. Purchase a six-week package for \$60.00 to be used over an eight-week period. Payment may be made at your first class. FREE first-trial class! Begin at any time. Contact: 734-712-3546

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1056>

St. Jo Mercy Health System

Runner's Clinic

Exercise and Fitness

4972 B Clark Road, Suite 200, Ypsilanti
Wednesdays, 5:00 pm (on-going)

This is an ongoing program to assist runners in fine tuning their technique while gaining information and insight into the prevention of injuries. MSOC will also help runners improve their efficiency to improve their running times.

For more information, see the Michigan Sports Medicine and Orthopedic Center's website.

Contact: 734-434-3020

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1465>

Ann Arbor/Behavioral Services

Overcoming Anxiety & Depression

Mondays, 6:00 pm - 7:30 pm (on-going)

A therapy and education support group for people with anxiety, depression or both. Fee involved (may be a covered benefit; check with your insurance carrier).

Contact: 734-786-8009

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1212>

Healthy Lifestyle Education Classes

For additional information, please call

(734) 712-3583

Michigan Heart and Vascular Institute
www.sjmercyhealth.org/

[More classes](#)

[map/locations](#)